



Catch breaking news on Eifel News Now each weeknight at 6:55 p.m. and 10:24 p.m.

## News Briefs

### No paper Dec. 26 and Jan. 2

There is no Eifel Times in observance of Christmas and New Year's weeks. The submission deadline for the Jan. 9 edition is Dec. 31. Call 452-5244 for more information.

### Authorized absence

Per executive order, U.S. civilian employees are authorized excused absence with pay Dec. 26, unless they are needed to work for reasons of national security or other public reasons. For timecards, this day is a holiday; therefore, employees should be released without charge to annual leave, compensatory time or credit hours. If employees must work Dec. 26, they earn holiday premium pay. For local nationals Dec. 26 is already a German holiday so they should be excused unless the mission requires them to work; whereby, they earn holiday premium pay. Call Ermelinda Rodriguez-Heffner at 452-6080 for details.

### Tree disposal

After the holidays all Team Eifel members, including geographically-separated units, can dispose of their Christmas trees at the Base Recycling Centers. *Do not place trees in housing area dumpsters or enclosures.* The Spangdahlem AB BRC is open Monday through Friday from 9:30 a.m. to 4:30 p.m. and Saturday from 8 a.m. to noon. The Bitburg Annex BRC is open Monday through Friday from 9:30 a.m. to 4:30 p.m. and closed Saturday. Both facilities are closed Thursday, Dec. 26 and Jan. 1. All items must be removed from the tree. Call Senior Airman Olivia Watkins at 452-5990 for more information.

### Flu shots

It is mandatory that all 52nd Fighter Wing members receive their flu shots by Dec. 31. The immunizations clinic is open Monday-Friday from 7:30 a.m. to 4:30 p.m. It is closed Thursday and Dec. 26.

## Mass appeal

Why is this chaplain smiling? He's part of the 52nd Fighter Wing Chaplain Services newest program.

Read "Combat Touch enhances chaplain outreach," on Page 4

# Eifel Times

Vol. 37, Issue 46

Spangdahlem Air Base, Germany

Dec. 19, 2003

### Yuletide eatings

**Agnes Hust, 52nd Service Squadron food service worker, serves a burger and fries to Staff Sgt. Jamil Jordon, 23rd Aircraft Maintenance Unit weapons team chief. The newly remodeled Mosel Halle dining facility celebrates its grand opening Thursday. The grand opening menu includes a selection of entrees, vegetables and desserts. For more on the dining facility, read "Mosel hall re-opens, BAS ends for single airmen" on Page 4.**

Airman 1st Class Amaani Lyle

## Commander revisits best of '03

By Col. Stephen Mueller  
52nd Fighter Wing commander

By every possible measurement, 2003 was an historic and memorable year for the 52nd Fighter Wing. As we publish the last Eifel Times for 2003, it is only fitting that we look back on some of your accomplishments in this last, extremely busy year.

I surely believe the saying "time speeds up to catch up with the pace of life," as it seems like just yesterday that we were preparing for the NATO tactical evaluation in January 2003 when we dropped everything and prepared to deploy and fight in Operation Iraqi Freedom.

We deployed almost 1,000 members from the wing, establishing the initial operating capability at Batman Air Base, Turkey, while pushing out the door combat elements of the 22nd and 23rd Fighter Squadrons and the 606th Air Control Squadron. As the most heavily tasked wing in U.S. Air Forces in Europe, we operated in a wartime posture with almost 20 percent of the base deployed for nearly four months, never skipping a beat.

As if fighting a war wasn't enough, the remarkable airmen of this wing continued to train and support the global war on terrorism, Operations Iraqi and Enduring Freedom, with our main runway closed. Our wing deployment function

**Santa Claus rides a 52nd Civil Engineer Squadron fire truck as he salutes a crowd of onlookers at the annual parade and tree lighting ceremony Dec. 10 at Spangdahlem Air Base.**

Airman 1st Class Joshua E. Coleman

See WING, Page 2

## COMUSAFE: Keep safety first during holiday season

Gen. Robert H. "Doc" Foglesong  
Commander, U.S. Air Forces in Europe

**RAMSTEIN AIR BASE, Germany --** The holiday season is a time of great joy, however it's also a time of increased risk.

As we get together with family and friends and enjoy the festive events of this joyous time of year, I ask that all of our U.S. Air Forces Europe members also remain vigilant so together we can ensure this holiday is untouched by needless tragedy.

Vigilance means more than being aware of your surroundings; it also includes proper planning, identifying risks and developing a

## Special from USAFE

game plan that ensures safety. Europe allows for an abundance of great travel opportunities, but proper planning -- to include checking weather and road conditions, getting plenty of rest before traveling, wearing a seatbelt, driving defensively and not mixing

alcohol with holiday activities -- are all essential to preventing mishaps and potential loss of life. Chief Coleman and I just did a higher Headquarters USAFE safety call -- it's that important.

Being vigilant also means looking out for each other. Many of us will be taking this time to spend with family members. However, for those who are separated from family -- particularly our single airmen -- the winter months, and holiday season in particular, can be stressful. If you see someone who is going to be alone for the holidays, invite them to spend time with you and your family.

And if you see someone struggling, ask how you can help.

Enjoy the holiday season, but do it safely. The needless loss of even one life reduces our readiness, increases the stress on those left to carry on and inflicts a terrible emotional toll on our loved ones. I ask each of you to increase your vigilance, so when the much-deserved pause is over, all of our USAFE team can return to work and do what we do best -- protecting and defending our great nation.

Mary and I wish you and your family a safe and happy holiday season.

## Wing

Continued from Page 1

set the standard for the command by trucking cargo overland to meet a vigorous deployment timeline from Rhein-Main and Ramstein Air Bases.

Unbelievable accomplishments, but our team did even more by providing continuous 24/7 support with our engine and electronic warfare centralized intermediate repair facilities operations. And the deployments never quit; we sent Security Forces teams to Iraq, Combat Medics to everywhere, and over half of our services personnel to 23 bases all over the Middle East. Simply unbelievable!

All of this, and it wasn't even June. As the summer rolled in we redeployed many of our OIF participants only to put an "A-team" into Afghanistan supporting OEF. Our great Civil Engineer firefighters, 81st Fighter Squadron Panthers, and all the maintainers showed the world their first-class teamwork raising the standard for all of Central Command. But while these warriors were away, we took on another task in Joint Task Force Liberia, deploying combat medics, SF troops and world-class communicators once again to the front lines with less than 24 hours notice.

From January to November the wing had no less than 500 members deployed. Yet with 10 percent gone, the wing maintained an enormous level of service. When asked to

curtail services, you simply found ingenious ways to keep the wing operating. Our superb Family Support Center operated at true surge capacity for over a year. Not only did they take great care of our folks but they demonstrated the capacity of our community to support the command, accepting more than 50 pregnant military members from Incirlik AB. Thank you for such tremendous support to our deployed members' families; we all owe you a huge debt of gratitude.

When we started the year, I thought the Installation Excellence competition and the 50th Anniversary of the base would be the major events of the year ...boy was I wrong; they paled in comparison to what you did for our nation by going the extra mile for freedom.

One message that I started the year with remains true today as we approach the start of a new year -- we need every single individual to accomplish our mission. Every single one of you should take pride in the wing's accomplishments because each of you contributed immeasurably to our success and the success of our Air Force and nation.

As we enter into this holiday season, I thank you for your tremendous devotion to duty and for the many sacrifices you have made and will continue to make for the price of freedom. My wish to all of you is for a blessed Christmas, happy holidays and a peaceful new year.

### All-American

Star Scout Vance Doerr, 13, carries the American flag in the base Christmas parade for Boy Scouts of America Troop 165 Dec.10. Vance is the son of Tech. Sgt. David Doerr, 52nd Civil Engineer Squadron, and Kathy Doerr.

Airman 1st Class Joshua E. Coleman

# Combat Touch enhances chaplain outreach

By Chaplain (Col.) Carl Andrews  
52nd Fighter Wing Chaplain Services

Combat Touch takes chapel programs and expands them beyond the physical space of the chapel. This means to focus energies on the spiritual needs and well being of our airmen and their families beyond scheduled worship, rites and liturgies. It also means actively seeking out people by visiting them in their environment, which is a new way of doing business.

Combat Touch deploys spiritual programs into the community. With Team Eifel's continuing high operations tempo, everyone experiences the constant drain of energies as they respond to the mission. Consequently, COMBAT Touch strives to address the Spangdahlem Air Base community reality to fortify the spiritual needs, and enhance a healthier well-being and sense of wholeness.

### What's new

Spangdahlem AB COMBAT Touch began with sweeping concept changes in how chaplain services ministers to the wing. First, to meet unique needs chapel services reorganized base ministry programs into Operations (Immediate: Does it support the airman?), Mission Support (Secondary: Does it support the airman's infrastructure?), and Quality of Life (Provide Stability: Does it support the airman's community?).

Secondly, two of the base's five chaplain offices have moved out of the main chapel to strategic locations at our operational units. Now, the flightline and the Bitburg Annex Hospital have chaplains and chaplain assistants assigned full-time. This has increased the 52nd FW Chaplain Service "touch" in operational units, and has increased access and opportunities for wing troops to interact with chaplains.

Thirdly, within earshot of the Spangdahlem AB dormitories is the base's Coffee Mill. The facility for military singles just received a \$40,000 facelift and celebrates its reopening tonight. The Coffee Mill offers military singles and alternative to clubs and downtown discos on Friday and Saturday nights. It is staffed solely by Hidden Heroes volunteers.

Another initiative chaplain services offers is offering faith-inspiring resources at all wing staff meetings. Commanders are encouraged to use the resources in their own unit- and agency-level meetings. "Warrior Thought for the Day" uses a variety of media to include short video clips from contemporary movies, inspiring photos, and quotes from our founding fathers, novelists and spiritual writers. The resources illustrate life-enhancing prin-

Chaplain (Capt.) Mike Shannon offers Staff Sgt. Charles Nelson, 52nd Fighter Wing chaplain's assistant, reassurance during a bible study. To his left are Airman 1st Class Nikole Green and Staff Sgt. Donny Barton, 52nd FW chaplain's assistants.

Airman 1st Class Amaani Lyle

ciples that reinforce Air Force core values.

Additionally, chaplain services' "Spangdahlem Gospel Ambassadors" served as good base ambassadors at local community Christmas markets as they sang American Christmas songs. To date, nearly 1,000 Germans and Americans have warmly welcomed the holiday cheer. Also, professional singers, and nearly 900 base and local German volunteers performed Handel's "Messiah" in the Bitburg Annex Chapel and in Bitburg.

### Future outlook

COMBAT Touch has prompted a shift to think in new ways about chapel programming and has optimized chaplains' opportunities with wing airmen.

Other outreach programs include:

■ Mothers of Preschoolers serves about 150 moms and little ones each week in building 139.

■ Monthly singles and unaccompanied dinners touch nearly 220 Team Eifel members. The Thanksgiving dinner reached an all-time high of 480 people!

■ The program 12-Step Outreach helps people by offering a specialized spiritual focus

■ Commanders' Calls bring hundreds through the chapel doors.

■ Wing-wide summer concerts and burger burns near the

## Holiday services schedule

### Spangdahlem AB Chapel

Catholic Mass

■ Christmas Eve Mass at 7 p.m.

Protestant

■ Children's Christmas pageant, Wednesday at 5:30 p.m.

■ Christmas Eve communion at 9 p.m.

### Bitburg Annex Chapel

Catholic Mass

■ Christmas Eve Mass at 5 p.m. and 9 p.m.

■ New Year's Eve Mass at 7 p.m. Protestant

■ Christmas Eve candlelight service at 7 p.m.

■ New Year's Eve Watch Night service at 10 p.m.

Jewish, Islamic and other faiths can call 452-6711 for service information.

bowling center help build morale.

■ Single Outdoor Theatre offers nighttime movies in the dorms during the summer

■ National Prayer luncheon, Martin Luther King, Jr. celebration, Holocaust observance, volunteer appreciation dinners, Youth of Chapel ministering in the high and middle schools; ethics briefings; airman leadership school spirituality briefings; geographically-separated units outreach programs and Brick House involvement are even more ways chaplain services say "We're here to serve you!"



Top Saber  
Performer

**Name:** Tech. Sgt. Touynda Smith  
**Unit:** 23rd Fighter Squadron  
**Duty title:** Aircrew Life Support assistant NCOIC  
**Hometown:** Columbus, Ohio  
**Years in service:** 16  
**Nominee's contributions to 52nd Fighter Wing mission success:** Tech. Sgt Smith is an outstanding contributor to 23rd Fighter Squadron Life Support operations. She developed an exceptional Life Support master career field education-training plan, which is now the model for the entire 52nd Fighter Wing. She was commended during the recent U.S. Air Forces in Europe Staff Assistance Visit inspection. Her efforts directly contributed to the Outstanding rating received by the 23rd FS Life Support section.

**Off-duty volunteerism and profes-**

**sional development pursuits:** Currently pursuing a bachelor's degree in business.

**What do you do for fun?** Read and spend time with my family.

**What do you like most about being stationed here?** Traveling throughout Europe.

**What's one thing you'd like to see changed or improved at Spangdahlem Air Base?** The one thing I would like to see improved is the variety of classes offered at the education center.

Courtesy photo

**Tech. Sgt. Touynda Smith, 23rd Fighter Squadron Aircrew Life support assistant NCOIC, is this week's Top Saber Performer.**

Wing lauds newest Leo Marquez maintenance excellence winners

The 52nd Fighter Wing congratulates the following troops for winning the 2003 Lt. Gen. Leo Marquez Award:

**1st Lt. Matty Garr**, 606th Air Control Squadron; **Senior Master Sgt. David Scott**, 52nd Communications Squadron; **Tech. Sgt. Tommy Montgomery**, 606th ACS; **Senior Airman John Bowman**, 606th ACS; **Capt. Alice La Mere**, 52nd Maintenance Operations Squadron; **Senior Master Sgt. James Callahan**, 52nd Aircraft Maintenance Squadron; **Senior Airman Shad Peabody**, 52nd Component Maintenance Squadron; **Capt. Raymond**

**Handrich**, 52nd Equipment Maintenance Squadron; **Master Sgt. Daniel North**, 52nd AMXS; **Tech. Sgt. Kenneth Childre**, 52nd EMS; **Senior Airman Kobie Clay**, 52nd EMS; **Maj. David Carlson**, 852nd Munitions Support Squadron, Buechel Air Base, Germany; **Tech. Sgt. Jeffery Wardlaw**, 52nd MUNSS, Kleine Brogel Air Base, Belgium; **Master Sgt. Brian Marinelli**, 852nd MUNSS, and **Capt. Joseph Bobrowski**, 852nd MUNSS. (Compiled from staff reports)

Spang seeks Hidden Heroes!

Call the family support center at 452-9491 to find out how you can become a Combat Programs Hidden Hero volunteer.

IEA Scorecard

Project	Coordinator	Percent complete	Estimated completion
Brick House	Eddy Mentzer	100	Complete
Jet Blast Inn AFN decoder	Tech. Sgt. Sean Applegate	100	Complete
Honor Guard uniforms	Tech. Sgt. Randall Reno	100	Complete
Billeting laptops	Master Sgt. Fred Ayers	100	Complete
Loaner transformers	Gertrude Cochran	100	Complete
Coffee Mill improvements	Capt. Glenn Gresham	100	Complete
Batting cages	Mandy Baerman	40	April 2004
Bus shelter improvements	Tech. Sgt. Michael Smith	62	Dec. 15
HAS mezzanine	Tech. Sgt. John Murphy	48	Tuesday
HAS crew shacks	Tech. Sgt. John Murphy	100	Oct. 31
Pavilion improvements	Udo Stuermer	15	June 2004

(Editor's note: The "Installation Excellence Award Scorecard" tracks the progress of 52nd Fighter Wing improvements set into motion this past year. Funds for the improvements come from winning the 2002 and 2003 Commander-in-Chief Installation Excellence competition at U.S. Air Forces in Europe-level, which is \$500,000 for each win.)

Eifel Salutes

52nd Maintenance Group

Let's secure a salute for **Master Sgt. George E. Martin, Jr.**, who supervises and manages security forces personnel in daily operations. Bon appetite to **Buechel services team** for being awarded the U.S. Air Forces in Europe Food Service Excellence award for the second consecutive year. He's the bomb ... **Staff Sgt. Yamil Davila**, 852nd Munitions Support Squadron, who recently earned kudos from the USAFE Inspector General for maintaining an outstanding certified equipment account. Breaker, breaker ... **Tech. Sgt. Joseph Kazimer** landed honorable mention from USAFE for his land mobile radio and data encryption system programs. "Plan" to salute **Senior Airman Rachel Santana**, who was recently selected for the plans and programs position within the custody flight and received the professional performer award from USAFE Inspector General. In control is **Staff Sgt. Julie Sigman**, who honed controllers to razor-sharp edge and performed outstandingly during the USAFE inspection.

52nd Mission Support Group

A mover and shaker is **Staff Sgt. Brenda Davis**, who supported 21 distinguished visitors, contributed to the deployment of 495 members and provided transportation support for Operations Seasons Greetings. Introducing **Senior Airman Angelia Kelsey**, who maintained the flight's morale with her expertise in issuing mobility bags and scheduling fit tests. 'Tis the season for **Senior Master Sgt. Dan Demers** to schedule and set up the Christmas tree sales at the commissary, which raised funds for local Boy Scout programs.

52nd Medical Group

A salute and some eggnog for **Staff Sgt. Andrea Bixler** for her stellar coordination of the 52nd Aerospace Medicine Squadron's holiday party and for emceeing the med group party! **Tech. Sgt. Nicole McClain** and **Pam Salvio** were also the hostesses with the most-

esses with their fabulous emceeing at the med group holiday party. High marks for the **AMDS morale committee**, for all they do to keep spirits high and put smiles on faces. Making a dent in records and reception is **Senior Airman Herodina Lu**, who handily covered the dental squadron's record and reception section during her NCOIC's long absence. Oh boy for **Tech. Sgt. Vicente Obillo** for the super job of squadron contact on the Combined Federal Campaign. Give thanks to **Staff Sgts. Erin Yancey, Joshua Lodde, Senior Airmen Jeanette Van Norden and Amber Stafford, Airmen 1st Class Nancy Cotto, Samuel Ortiz and Dawn Smith and Christine Bright** for coordinating a fantastic squadron Thanksgiving potluck. **Lt. Col. Diane Deyak, Melissa Lindstrom, Tech. Sgt. Edith Fields** and **Staff Sgts. Ernesto Otero and Jamar Long** are helping Team Eifel win the "battle of the bulge" during the transition phase of the Air Force fitness program.

Eifel community

**Tech. Sgt. Thomas Sprague** is sitting on top of the world -- he recently won a \$3,000 travel package in the "Travel the World" membership drive prize drawing.

**Kudos to all; Team Eifel salutes you!**  
(Compiled by Airman 1st Class Amaani Lyle, 52nd Fighter Wing Public Affairs Office)

Courtesy photo

**Members of the 23rd Fighter Squadron Life Support section make up this week's Top Saber Team.**

Top Saber Team

**Unit name:** 23rd Fighter Squadron Life Support

**Brief description of unit responsibilities:** Provides the issue, fit, inspection, maintenance and training of all life support equipment that pilots in the 23rd FS require to fly their missions.

**Number of members:** Nine

**How does the team fit into the 52nd Fighter Wing's mission?** The 23rd FS Life Support shop is vital to the accomplishment of the 52nd FW mission. These troops are responsible for a broad array of life-sustaining equipment ranging from the parachute and survival kit in the ACES II ejection seat to the gear pilots wear to combat G-forces. The troops are also responsible for training aircrew in the use of equipment and how to survive on land or water after a bailout. The team's exceptional performance resulted in an Outstanding rating in the recent headquarters U.S. Air Forces in Europe Staff Assistance Visit inspection.

# Mosel Dining Halle re-opens, BAS ends for single airmen

Spangdahlem Air Base's Mosel Dining Halle re-opens Monday. Enlisted airmen will see a change in their Basic Allowance for Subsistence, or BAS, in January.

Throughout the months of construction, the facility received new flooring, plumbing and an updated electrical configuration in the kitchen and serving area.

"These improvements will definitely make a noticeable difference in the overall appearance of the facility," said Master Sgt. Cheryl Dugan, 52nd Services Squadron Dining Facility supervisor. "Customers will enjoy the layout as it provides efficiency and offers an increased variety of food items."

The total cost of the renovation and new equipment totaled about \$1 million. Master Sgt. Dugan said the structural repair was necessary for the 52nd Services Food Service to be competitive for the Hennessey Award, which names the best food service in the Air Force.

While the dining hall received much-needed improvements, many airmen enjoyed extra BAS and Cost of Living Allowance, or COLA. All enlisted will be taken off the current BAS ration known as Rations-in-Kind not Available, or RIKNA, the current \$262.50 BAS. The new rate for all enlisted will be \$242.81, as adjusted at the first of the New Year,

## Mosel Dining Halle opens

Dorm residents can get hot and cold meals in the Mosel Dining Halle starting Monday during normal serving hours. A grand opening celebration takes place Thursday at 10:30 a.m., followed by the annual Christmas meal. Everyone, including officers and civilians, are invited to the meal.

said Capt. Lyle Swapp, 52nd Comptroller Squadron financial services officer.

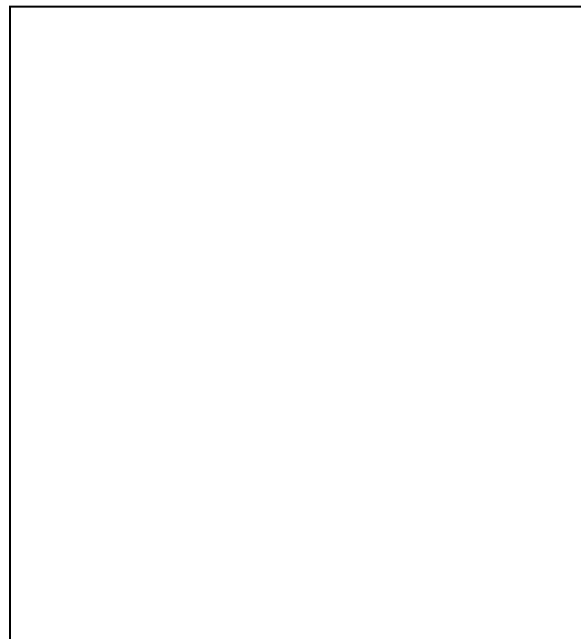
"The 2003 amount is \$242.81, and 2004 should see a slight change in this amount depending on current legislation," said Capt. Swapp. "This will be an estimated \$19.69 reduction in the base BAS rate. This change is the same for all enlisted people."

The difference for some enlisted will be how this affects those assigned to the base dormitories, said Capt. Swapp.

Based on the Congressional program Subsistence-in-Kind, or SIK, these people will be put onto the Meal Card program. This means that \$7 per day will be automatically deducted from their BAS. Using the current rates for December for an example, the base BAS of \$242.81 will be reduced by \$217 for an ending balance of \$25.81. A "Meal Reduction" portion will show up on the Leave and Earning Statement of those assigned to the dorms starting in January for the \$7 per day amount, Capt. Swapp said.

Subsistence-in-Kind also reduces the amount of COLA dorm residents receive. The reduction is set at 47 percent of the current single rate. People can find the current COLA rates and what they can reasonably expect starting January at [www.dtic.mil/perdiem/ocform.html](http://www.dtic.mil/perdiem/ocform.html). The rates change often. Click on "Germany, Spangdahlem" for the location and then input rank and time in service. Then put "Yes" next to the question, "Living in Barracks." This will take people to the table and show them their new daily rate and current month example, said Capt. Swapp.

"These changes occur after our system cutoff dates, meaning the BAS rates won't change until January, but with an effective date of Dec. 22," said Capt. Swapp. "What this means is there will be a debt as little as \$5.90 for most enlisted people on their January paychecks, but more of those who will be assigned to SIK." (Compiled from staff reports)



Airman 1st Class Amaani Lyle

**Anna Strickland, 52nd Services Squadron food services cashier, serves stuffed green peppers during lunchtime at the Jet Blast Inn located near the flightline. The Jet Blast Inn has been the wing's only open dining facility during the Mosel Halle's year-long renovation. Once the new dining facility opens Monday, the Jet Blast Inn will only serve limited lunch and dinner. The Mosel Halle grand opening takes place Thursday.**

## Crashes result of speed, inattention

### Slick roads cause for drivers to slow down

**By Iain Lotan**  
52nd Security Forces Squadron  
Reports and Analysis

Inattentive driving, failure to yield to the right-of-way and driving at speeds too fast for conditions resulted in four major car crashes this past week.

One crash took place on L-36 when a staff sergeant drove on a patch of mud and lost control of his vehicle. The vehicle rolled several times, totaling the car. An investigation deemed that improper braking and driving at speeds

too fast for conditions caused the crash.

Another crash happened on B-50. An airman first class driving too fast for conditions slammed into a ditch, which caused his vehicle to flip several times. Failure to pay attention to the ice and the driver's "lead foot" caused the accident. The vehicle was totaled.

The third crash happened at intersection of L-46 and L-39. A local national who failed to yield to the right-of-way slammed into a

civilian's car. Drivers and passengers sustained minor injuries.

The fourth occurred on K-19. A master sergeant's vehicle slid on black ice and smashed into a ditch. Driving at speeds too fast for conditions and ice caused the accident. The vehicle was towed.

Throughout the past week, four minor crashes from improper backing. Six more were from inattentive driving. Three minor crashes were from driving at speeds too fast for conditions and three more from encounters with wildlife. One minor crash was due to failure to yield the right-of-way.



## Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.

## Holiday hours

■ Both branches of Service Credit Union close at 1 p.m. Wednesday and Dec. 31. They're both closed Thursday and Jan. 1.

■ Both branches of Community Bank are open Wednesday until noon, but are closed Thursday and Dec. 26.

■ The Bitburg Annex Commissary is open Monday, Dec. 26 and 29 from 10 a.m. to 7 p.m., and Wednesday from 10 a.m. to 4 p.m. It's closed Thursday and Jan. 1. The Spangdahlem AB Commissary is open Monday and Dec. 29 from 10 a.m. to 7 p.m., and Wednesday from 10 a.m. to 4 p.m. It's closed Thursday Dec. 26 and Jan. 1.

■ Both base libraries are closed Jan. 7 for an official function.

## Gift-wrapping services

The Girl Scouts wrap gifts for donations at the Spangdahlem AB and Bitburg Annex Base Exchanges now through Wednesday. For more information about this service or the Girl Scouts, call Kannetha Clem at 452-9190.

## Club card

Club Eifel waves dues for members for the duration of their deployments. However, members are still responsible for making monthly credit card payments for charged purchases. To have dues waved, members must submit a copy of their orders to the cashier's cage. Call Mike Boyd at 452-6090 for more information.

## DeCA gift certificates

Visit [www.commissaries.com](http://www.commissaries.com) to participate in the "Gifts of Groceries." The program offers people a way to give Defense Commissary Agency gift certificates as gifts or donate them directly to military charities. On [www.militaryscholar.org](http://www.militaryscholar.org) or via the DeCA Website, people can donate funds to the Scholarships for Military Children program.

## Artists meeting

The Europe Artist Club meets Dec. 29 from noon to 1:30 p.m. in the Eifel Bowling Lanes parking lot. Attendees should bring their sketch pads and art

pencils. E-mail Kristin Kim at [ksueart12@hotmail.com](mailto:ksueart12@hotmail.com) for details.

## Air Force game

Army and Air Force Exchange Service offers the U.S. Air Force edition of Hasbro's Monopoly game available for sale online. The special edition differs from the standard game by having properties that relate to U.S. Air Force aircraft, rockets and satellites. Also, the six pewter tokens are changed to a B-2 bomber, a satellite, air traffic control tower, F/A-22, a UAV and a C-17. Visit [www.aafes.com](http://www.aafes.com) Jan. 1 to purchase the game at \$27.99.

## German class

A twelve-session course, No. 46102.03, takes place each Wednesday from 9:30-11 a.m. beginning Jan. 14 in the Binsfeld Saalholzhalle. Another twelve-session German language, No. 46101.03, course takes place each Thursday from 7-8:30 p.m. beginning Jan. 15 in the town hall. Cost is \$72. Call 06571-10739 and give the course number to register.

## Free concert

Singer Niki Barr and her band rock the Brick House Sunday from 8 p.m. to midnight.

## Preschool get-togethers

■ Children's story hour takes place each Thursday at 10:30 a.m. in the chapel library, building 139. Call the base chapel office at 452-6711 for more information.

■ A preschool playgroup meets each Tuesday from 10 a.m. to noon in Spangdahlem AB Military Family Housing, building 409-C. A playgroup also meets each Thursday from 10 a.m. to noon in Bitburg Annex Temporary Living Facility 2. Call Michele Linnen at 452-8288 for more information.

■ Children's story hour takes place each Wednesday at 9:30 a.m. in the Bitburg Annex Library and each Thursday at 9:30 a.m. in the Spangdahlem AB Library. Children ages 2-5 are invited. Call 452-9056 for more information.

## Volunteer tutors needed

Hidden Heroes volunteers are needed to help Bitburg High School students improve their study skills and with their college-prep courses. Call the high school at 452-9202 for details. Tutors and mentors are also needed at the base elementary and middle schools. Call Spangdahlem Elementary School at 452-6881, Spangdahlem Middle School at 452-7205, Bitburg Elementary School at 452-9215 or Bitburg Middle School at 452-9310 for more information.

## Voting assistance

Wing members can call installation voting representatives for help with voting questions through the 2004 general election. Call Maj. William McAllister at 452-8298 or Master Sgt. Jeff Barr at 452-7410 for more information.

## Legal assistance hours

The 52nd Fighter Wing Legal Office provides legal assistance each Tuesday and Thursday from 1:30-3 p.m., and Wednesday and Friday from 8-10 a.m. A German legal advisor is available Monday-Thursday from 8-11 a.m. Walk-in hours are each Monday from 11 a.m. to 1 p.m., Tuesday and Thursday from 11 a.m. to 4 p.m., and Wednesday and Friday from 8 a.m. to 1 p.m.

## Volunteers needed

Airmen Against Drunk Driving seeks volunteers to drive or operate the dispatch office on weekends and holidays. To volunteer, e-mail full name, town or residence and home phone number to [aadd@spangdahlem.af.mil](mailto:aadd@spangdahlem.af.mil).

## Family management

The 52nd Medical Group Family Advocacy agency offers parenting classes, marital counseling and new parent support groups. Call 452-8279 for more information.

## AA meetings

Alcoholics Anonymous meetings take place each Sunday, Tuesday and Friday from 7:30-8:30 p.m. in Bitburg Annex, building 2015.

## Club Eifel Happenings

The following events take place at Club Eifel. Call 452-6090 for more information.

## Today

- ❑ Lunch Buffet closed. M&M's Garage open for lunch.
- ❑ Stripes Lounge opens at 4 p.m. daily. Malibu Madness from 5 p.m. to 1 a.m. Free buffet for members from 5-7 p.m. and Club card drawing for cash prizes from 6-8 p.m. Members must be present to win. DJ plays variety hits from 9 p.m. to 1 a.m.
- ❑ ECL: 52nd Fighter Wing commander's social starts at 5 p.m.

## Sunday

- ❑ Breakfast buffet from 10:30 a.m. to 1:30 p.m. Cost is \$7.95 for members, \$4 for children 6-12. Cost is \$10.95 for non-members, \$5.50 for children. Youth 5 and younger eat for free.
- ❑ Ballroom Bingo starts at 5 p.m.

## Monday

- ❑ No lunch service through Jan. 2.
- ❑ Stripes Lounge: Melvin's Maniac Monday "Bring Your own Stein Night" offers \$1 drink specials.
- ❑ More Money Monday at the slots from 11 a.m. to 1 p.m. Club members who play slot machines for maximum credit, hit the jackpot and present their Monday Club Eifel lunch receipt double their jackpots.

## Tuesday

- ❑ Stripes Lounge: Play "Showdown" to win half-price drink specials. Club members play billiards for free from 4-10 p.m.

## Wednesday and Thursday

- ❑ Club Eifel closed. Brick House is open from 4 p.m. to midnight.

## Dec. 26

- ❑ Club Eifel and Project CHEER "Club Eifel New Millennium All-Nighter" from 10 p.m. to 6 a.m. Entry is free. Event features a "Club Eifel Fear Factor" competition, tricycle races, Eifel Exchange to rid of unwanted gifts and an "X-Box" drawing. First place winners in a karaoke contest earn \$100 and an American breakfast buffet opens at 5 a.m.

## Dec. 27

- ❑ Stripes Lounge opens at 4 p.m.

## Dec. 28

- ❑ Club Eifel closed.

## Dec. 31

- ❑ New Year's Eve party from 7 p.m. to 2 a.m. Live band in the ballroom and a DJ in the Stripes Lounge. Breakfast buffet after midnight; cost is \$9.95 for members, \$14.95 for non-members.

Call 452-6090 for more information.

## Der Markt

## Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil) or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

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Col. Stephen Mueller

Accessing Direct Line

The Direct Line program is a way to get answers to questions you still have after using your chain of command.

Direct Lines of general interest will be published in the *Eifel Times* and may be edited or paraphrased for brevity or clarity. Submit your Direct Line via:

■DirectLine@spangdahlem.af.mil

■Mailed to 52nd FW/PA, Unit 3680 Box 220, APO AE 09126

■To PA in building 23.

■Concerns may also be sent via fax to 452-5254.

Anonymous inputs are accepted. To receive a personal response you must include your name and phone number. Call the Eifel Times at 452-5244 for more information.

Month  
Sortie  
Scoreboard

Aircraft	Goal	Flown	Delta
F-16	345	245	-100
A-10	278	126	-152

\*Delta is contract vs. sorties flown to date.

Through Dec. 17

Courtesy of the  
52nd Maintenance Operations Squadron  
Plans and Scheduling Section

Sobering thought

Airman learns being a good party host includes keeping drinkers from driving

By Airman 1st Class Amaani Lyle  
52nd Fighter Wing Public Affairs Office

I kept my uniform sharp, helped edit the Eifel Times, mentored my middle school students and resisted fast food temptations. It seemed only fitting after a full and successful week to invite a few airmen over to my home to let off some steam and recycle ourselves for the next week.

Guess a lot of airmen shared my sentiment. Before I knew it, people were coming out of the woodwork. Some were close friends, others were acquaintances and I figured the alternatives I offered to drinking and driving were clear. I have plenty of room for guests. I live so close to base that I can hear “Taps” play at night. There’s no need to drive on base, or anywhere else for that matter, drunk.

An airman came by. He drank. While I never saw him leave my house that night, the next time I did see him, he was wearing blues and waiting to see the wing commander. There’s no way he walked away from that meeting with good news.

Depending on the jurisdiction, third-party liability comes into play. Some bars and pubs are legally liable if a patron leaves the establishment and kills someone from drunk driving. While wing members have no legal obligation to gauge abilities to drive and act as “breathalyzers” to their comrades, I would submit that we most certainly

*“While I never saw him leave my house that night, the next time I did see him, he was wearing blues and waiting to see the wing commander. There’s no way he walked away from that meeting with good news.”*

have a moral obligation to look out for our wingmen. Just as we need to ensure nobody drives away from a bar drunk, we need to ensure nobody drives away from private living quarters drunk.

We can achieve safe departures from our homes without sacking our guests at the door like they’re at the one-yard line. Check out these ideas:

- Designate a “key-keeper,” someone who can stay lucid enough to hold drivers’ keys and ensure they’re sober to drive home or can find another way.
- If practical, offer your home to guests. A few hours on a couch can do wonders.
- The First Sergeants Association offers Ride for Life. This is a really great program in which

Outreach

Air Force programs provide help for ‘the blues’

By Staff Sgt. Elaine Aviles  
39th Air Base Group Public Affairs Office

INCIRLIK AIR BASE, Turkey -- I had heard the rhetoric about Air Force mental health programs and seen the commercials touting chaplains and life skills support centers. I figured they were for poor, desperate souls -- definitely not for me.

I took pride in standing on my own two feet, solving my own problems. Anyway, I didn’t need help. Life was golden. I had a good career, a beautiful 12-month-old daughter and a husband I loved.

Then it seemed with the passing of one night, my life changed forever. My husband and I split up. I was shocked and confused. We had our problems, but doesn’t everyone? It was March, barely a week before Incirlik family members were moved to Germany, a week before I had to get on an airplane to Spangdahlem Air Base where my daughter and I were to wait out the operations in Southwest Asia. And the kicker? I was two months pregnant.

I was devastated. My departure from Incirlik was a blur. I forced a smile at work, then sat in my billeting room every night and cried. On good days, I managed to stifle my self-pity long enough to take my daughter out. Then there were the bad days -- the long nights where I sat on that scratchy

billeting couch contemplating my life and slipping deeper into a depression.

Those were the worst nights -- the nights that prompted me to get help. I called a chaplain and found the help I needed. It was scary, but my need far outweighed my pride. Asking for help didn’t change my life overnight, but it helped to talk things out. It helped knowing I wasn’t alone.

But for people like me, people who somehow dredge up the courage to seek help, there are countless others who don’t. Either they are afraid to appear “weak” or fearful of career-shattering repercussions, such as judgment from their supervisors and peers, or a bias on performance reports.

“People are often afraid to ask for help because being strong and self-reliant are qualities we use to mark people who ‘have it all together,’” said Chaplain (Maj.) Steve Schaick, 39th Air Base Group senior Protestant chaplain.

These fears can have devastating results. Suicide is the 11th leading cause of death among Americans, with a life lost, on average, every 18 minutes, according to the National Institute of Mental Health Website. The Air Force suicide rate is somewhat lower, averaging 32.8 per year from 1997 to 2001, according to Air Force Medical Service statistics.

Although the Air Force stats are relatively low, they don’t necessarily reflect the mental status of

people can pay later for cab fares back to base or wherever they call home. The Ride for Life number is 06565-951010. They can also contact their unit first sergeants for alternative ways to ensure their safety because some squadrons may already have special programs planned for the holidays.

■ Party hosts can be proactive and purchase portable breathalyzers in a pack of six for \$14.95. It weighs less than a tenth of a pound, fits in a pocket and will tell guests if their blood alcohol content is above 0.05, the legal limit on or off base. Visit [www.mrstest.com/alcohol](http://www.mrstest.com/alcohol). The Breath Alcohol Detector is available in five BAC levels for a complete range of sensitivity: 0.10, 0.08, 0.05, 0.04 and 0.02 for zero tolerance testing.

■ Use Airmen Against Drunk Driving. These volunteers work very hard each weekend to ensure airmen and their cars get home safely. Give them a call at 452-2233.

This past year, Spangdahlem Air Base had more than 47 DUIs; three of them pending. Make no mistake. You will get caught -- if you’re lucky. The unlucky ones die, kill people or both. Why play Russian roulette with a career, or worse, your life and the lives of others? Eat, drink and be merry this holiday season but remember to do it responsibly.

airmen. How many others aren’t contemplating suicide but are still in pain?

I talk to people every day and hear about marital problems, depression, parenting issues, loneliness ... the list goes on and on. Only a few of them ask for help. The others “get by.”

That is no way to live. You don’t have to be on the brink of suicide to need help.

Whether you’re the one feeling down or you know someone with problems, take measures. Either get help or help someone else. If you see someone is down in the dumps, ask what’s wrong. Take time to listen, even if it is someone you aren’t close to. Call the life skills support center or a chaplain. Make an appointment for a friend or just listen when your friend needs to talk. It helped me a lot just to know people cared.

With the holidays at hand, caring for others is even more essential. We are all away from loved ones and the holiday traditions we hold dear. Keep an eye out for others and yourself. Invite people into your home.

Life is tough. There are many people with worse problems than mine, but somehow that doesn’t lessen my pain. I have learned, however, that when shared, the sadness and hurt, so overwhelming when kept squirreled away in the darkness, diminish when exposed to the light of day. (Air Force Print News Service)

Movies

All movies play at 7 p.m. unless indicated otherwise. Movie synopses are available at [www.aafes.com/ems/default.asp](http://www.aafes.com/ems/default.asp).

Bitburg Castle

Today  
*Brother Bear* (G) The Great Spirits transform a young man seeking revenge into the thing he detests most, a bear.

Saturday  
*The Fighting Temptations* (PG-13) A New York ad executive returns to Alabama to collect an inheritance, but first he must organize a successful gospel choir.

Sunday  
*The Rundown* (PG-13) A bounty hunter travels to South American to settle a debt, but realizes that the bad guy isn't really the bad guy.

Closed Monday and Tuesday

Wednesday  
*Elf* (PG) Buddy, a human raised in the North Pole to be an elf, heads to New York City to find his place in the world.

Closed Thursday

Dec. 26  
*The Matrix Revolution* (R) Human kind's long quest for freedom culminates in a final war against the Machine Army.

Dec. 27  
*Brother Bear* (4 p.m.) and *The Matrix Revolution*

Dec. 28  
*Elf*

Closed Dec. 29-30

Dec. 31  
*School of Rock* (PG-13) Dewey just got fired from his own rock band and the rent is due. To make some money, Dewey tries substitute teaching at a private school.

Closed Jan. 1

Jan. 2  
*Looney Toons Back in Action* (PG) Bobby teams up with Bugs Bunny, Daffy, Tweety and Taz as they leave the Warner Bros. to search for Bobby's father and the mythical Blue Diamond.

*The Matrix Revolution* (10 p.m.)

Jan. 3  
*Looney Toons Back in Action* (4 p.m.)  
*Intolerable Cruelty* (PG-13) A heartless divorce lawyer nearing midlife crisis meets his match in his client's gold-digging wife, Marilyn.

Jan. 4  
*Under the Tuscan Sun* (PG-13) Fed up with her job and a recent divorce, Frances moves to Italy to find a new love.

Closed Jan. 5-6

Jan. 7  
*Intolerable Cruelty*

Jan. 8  
*Out of Time* (PG-13) A Banyan Key Police chief finds himself in a race against time to solve several murders before he himself falls under suspicion.

Spangdahlem Skyline

Today  
*School of Rock* and *The Matrix Revolution* (10 p.m.)

Saturday  
*Elf* (4 p.m.)  
*Duplex* (PG-13) A young New York couple find the duplex of their dreams, but the tenant upstairs won't budge.  
*The Matrix Revolution* (10 p.m.)

Sunday  
*Jonah, A VeggieTales Movie* (G, 1 p.m.), *Elf* (4 p.m.) and *The Matrix Revolution*

Monday  
*Jimmy Neutron* (G, 4 p.m.) and *Out of Time*

Tuesday  
*Elf* (1 p.m.) and *Duplex* (4 p.m.)

Closed Wednesday

Thursday  
*The Matrix Revolution* (Midnight showing free to the first 470 single and unaccompanied airmen.)

Dec. 26  
*Looney Toons Back in Action* and *Intolerable Cruelty* (10 p.m.)

Dec. 27  
*Looney Toons Back in Action* and *Under the Tuscan Sun* (10 p.m.)

Dec. 28  
*Looney Toons Back in Action* (4 p.m.) and *Under the Tuscan Sun*

Dec. 29  
*Intolerable Cruelty*

Dec. 30  
*Looney Toons Back in Action*

Closed Dec. 31-Jan. 1

Jan. 2  
*Good Boy* (PG) Owen adopts a mutt and gets more than he bargained for when he discovers he can understand the dog.  
*Beyond Borders* (R, 10 p.m.) Sarah, a sheltered American socialite meets a renegade doctor, Nick. Driven by passion, Sarah risks everything to keep Nick safe.

Jan. 3  
*The Cat in the Hat* (PG, 4 p.m.) Sally and brother Conrad are left home on a rainy day and are rowdily entertained by a mysterious man-sized cat.  
*Lost in Translation* (PG-13) Bob finds a kindred spirit in Tokyo and together they strike up an unusual friendship.  
*Beyond Borders* (10 p.m.)

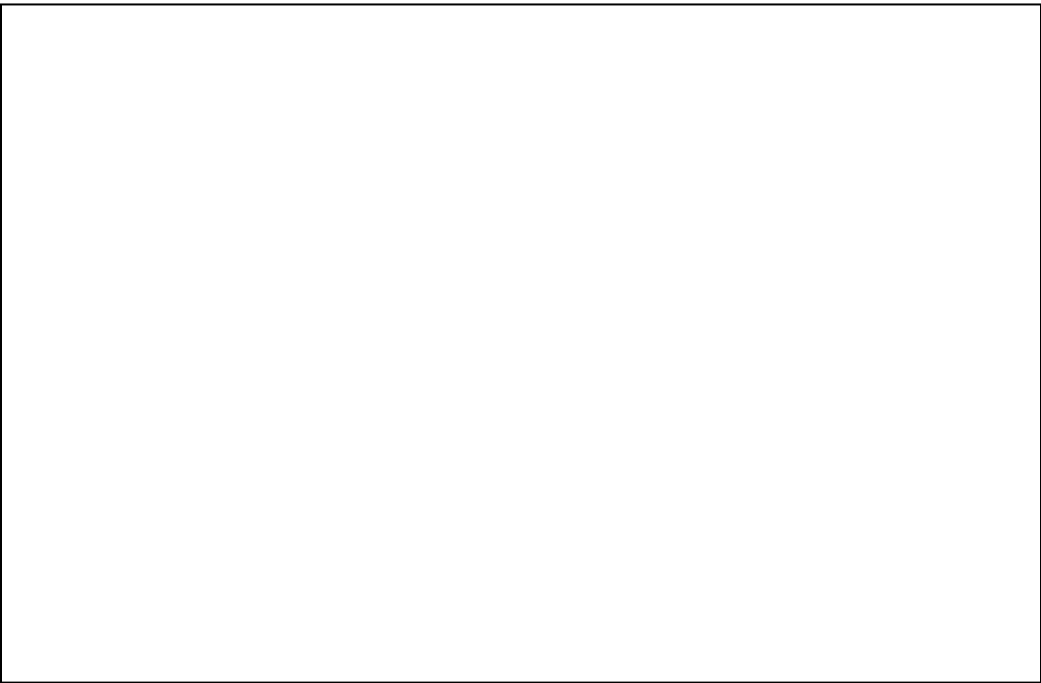
Jan. 4  
*The Cat in the Hat* (1 and 4 p.m.) and *Good Boy*

Jan. 5  
*Lost in Translation*

Jan. 6  
*Good Boy*

‘Frohe Weihnachten!’ means ‘Merry Christmas!’

Christmas in Germany similar to U.S. holiday



File photo by Iris Reiff

Above: Manger scenes, or Krippen, are a popular German Christmas tradition. Most German families display a Krippe along with a decorated live Christmas tree. Below: A local boy meets an American Santa at a local Christmas market. In Germany, the U.S.-style Santa is becoming more popular; however, he is distinguished from Germany's St. Nikolaus who is dressed like a church bishop and is accompanied by his sidekick, Knecht Ruprecht. They visit all good children Dec. 6 each year.

By Iris Reiff  
52nd Fighter Wing Public Affairs Office

During the holiday season, Germans celebrate Christmas much the same way as Americans. They decorate Christmas trees and put up decorative lights. But in other ways, the countries observe the holiday differently.

For instance, Christmas Eve holds a more special meaning for Germans. They usually spend a quiet evening with their families and sometimes wait until that day to put up and trim their trees. Americans often go to Christmas Eve parties, and their trees are set up much earlier in December.

Regardless of regional peculiarities, here's a look at the usual Christmas schedule for most German families.

**Christmas preparations**

In the morning and early afternoon of Dec. 24, the last preparations for the celebration are completed and the Christmas tree is decorated. Germans start cooking their Christmas meal in the afternoon or early evening. Most people then go to church. Before or after the festive evening meal, the presents under the Christmas tree are opened.

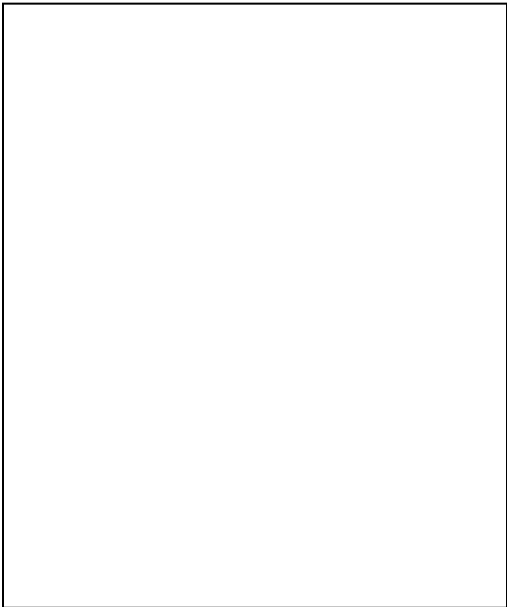
Like many Americans, Germans consider Christmas Eve a family day. Members of the family sit together, sing Christmas songs, light candles and eat home-baked cookies.

The spirit of family sharing continues on the first Christmas Day, Dec. 25, and the second Christmas Day, Dec. 26, both legal holidays. Those days, Germans often visit friends or family, go to a concert or just relax at home.

Dec. 26 is St. Stephanus Day, which honors the saint who was stoned to death for standing up for his religious beliefs. Germans also celebrate Dec. 26 in remembrance of the children who were killed in Bethlehem 2,000 years ago. According to the Bible, King Herod ordered the slaying of all male Israelite infants, hoping to kill Jesus Christ.

**Christmas customs**

Many of the older Christmas customs practiced in particular regions of Germany have nearly disappeared. In many regions it was customary for people to hold costume parades,



or go out caroling and gathering presents. Instead of Christmas trees, or in addition to them, there were Christmas pyramids made of wood. The pyramids, set into whirling motion by the rising air of the candles, are regaining popularity.

The connection between the Christmas tree and the pre-Christian use of green branches and lights for the religious cult of winter has often been maintained, but never proven. The connection of the evergreen fir tree with candles can be traced back to early 17th century. Public Christmas trees were first set up in New York in 1912. Since 1919, this tradition has been spreading in Germany.

German Christmas pastry also has a long history. "Lebkuchen" and other sweet cookies of all kinds are still standard features of the family Christmas celebration in Germany, so are "Christstollen" with raisins, nuts, and candied lemon and orange peels.

The celebration of Christmas in Germany may be quieter and more reserved than elsewhere, but Germans, like other people throughout the world, share the same spirit of happiness, joy and love.

"Frohe Weihnachten und viel Glueck im Neuen Jahr!" or "Merry Christmas and Happy New Year!"



## BHS Lady Barons dominate Bison courts for four games

By Coach Denny Lemmon  
Bitburg High School basketball

This past weekend the Bitburg High School Lady Barons defeated the Lady Bisons four straight games in Mannheim.

Friday night, the junior varsity team started the competition with a smashing 29-19 win. The varsity team followed with a 34-24 victory. Saturday morning, JV won 25-15 and varsity won 36-20.

### Friday varsity action

The Lady Barons' victories weren't easy. Varsity offense struggled to win the first games of the season. The team could only manage 19 points in the first half Friday night, but they held the Lady Bisons defensively to just five points. In the third quarter, BHS outscored Mannheim 12 to five to take a 31-10 lead.

The Lady Barons substituted freely in the fourth quarter to coast on to their first conference victory of the season. All-European center Nadia Parker led all scorers with 19 points. She also pulled down nine rebounds and had five steals. Sophomore Carletta Hernandez scored nine and pulled down nine rebounds.

### Saturday varsity action

The Lady Barons were still looking for the key to better offense Saturday morning. They could only manage 12 points in the first half. But once again their defense was successful, holding the Lady Bisons to just five points. Parker contributed 16 of her game high 18 points all in the second half to help BHS outscore Mannheim 24-15. Hernandez added seven points and led the team in rebounding with 13.

### Game analysis

Lady Barons defense Chelsea Gavagan, Erica Winters and

Melodie Duperval proved strong this weekend by dominating the courts and confused the Lady Bisons. Turnovers; however, cost BHS. If the team wants to compete with the best, it has to cut its turnover number. Another area for improvement is free-throw shooting. The Lady Barons shot only 23 percent, missing on the chance to score 30 points.

### JV action

The junior varsity team, under the direction of Coach Richard Carr, played well in its first two games. With three freshmen and two sophomores starting, the team demonstrated a well-balanced offensive attack.

Freshman Rebecca Wepner led all scorers with 15 points in the two games. Freshmen Alexandra Bintz and Nicole Griep contributed 11 and seven points, respectively. Sophomores Jazmine Winn and Monica Bintz added nine and 10 points each.

JV demonstrated a good pressing defense that caused many Lady Bison turnovers. BHS played a solid transition game as they converted those turnovers into easy baskets.

Next up, the Lady Barons take on AFNORTH Jan. 9-10 in the Netherlands.

## Keep 'Jack Frost' from sabotaging winter workouts

By Army Specialist First Class Cynthia Hughes  
Army Physical Fitness Research Institute NCOIC

The winter months are here, which means only one thing --- cold weather. Exposure to the cold can potentially cause serious health risks for some people, especially those individuals from year-round warmer climates.

People sometimes use the avoidance reaction and seek warm places to workout; however, it is important to have repeated exposure for acclimatization to occur. Acclimatization is simply the body adapting to different environmental conditions. This can be accomplished easily and safely with understanding of the types of cold-weather injuries, the body's reaction to the cold and the guidelines for avoiding injuries.

### Types of injuries

Three of the more common types of cold weather injuries are hypothermia, frostbite and dehydration.

Hypothermia is a condition that develops when the body's core temperature drops below normal and its ability to regulate this temperature is impaired or lost. Frostbite is the freezing of body tissue. It occurs mainly in body parts located away from the core that are exposed to the cold for extended periods of time. Dehydration is another cold weather related injury resulting from losing body fluids faster than they are replaced. People are homeotherms, meaning they must maintain a core body temperature of 37 degrees Celsius. When the core body temperature drops, the body's physiological function is altered.

### Stay warm

During endurance exercise such as running, the body temperature can increase 24 times and is quickly able to offset the heat loss caused by cold exposure. On the other hand, during low-intensity exercise, the opposite occurs and the body is slower to compensate. Fitness levels, the wind-chill factor and physical dryness all have an effect on the body's ability to maintain this core temperature.

Exercising in the cold weather can be safe by heeding the following tips:

- Warm up properly: Increasing internal temperature is necessary before starting any activity. The time it takes to warm up depends on the external temperatures; therefore, wintertime workouts may take a little longer than those done in the summer.

- Wear appropriate clothing: Layering is the key. This helps to maximize the insulating effect of air trapped between layers. Three layers are recommended. The base layer should move moisture away from the body, but not absorb, such as cotton. Polypropylene is good for this. The mid layer should trap warm air for insulation. Choose fabrics such as down, wool or synthetic materials with similar properties. The weather layer should protect the body from the elements and be opened as the body heats up.

- Gauge the wind: People may find it more comfortable to begin facing the wind and return with the wind. This minimizes discomfort when the wind blows on sweat-soaked clothing.

- Avoid rapid cooling: After exercising, seek a warm environment or add clothing due to decreased heat production and continued heat loss.

- Drink fluids: Even though people don't feel as thirsty working out in the cold weather, their bodies requires the same amount of fluid.

- Protect exposed body parts: People should cover the ears, face and hands. Mittens are more effective than gloves because the fingers transfer body heat to each other. Hats are an effective way to trap the nearly 90 percent of the body heat escaping through the top of the head.

- Stay dry: Toes are very susceptible to cold, so if socks and shoes get wet it is important to change them as soon as possible.

There is no reason to run from cold weather. The only way to become acclimated to it is to work out smartly. With the proper clothing and warm up regimen, exercising outside can be quite comfortable.

## Sports Shorts

Submit "Sports Shorts" advertisements 10 days  
before the desired publication date to publicity@spangdahlem.af.mil.

### Paris volksmarch

The Eifel Wanderers walk through Paris Jan. 9-11. Transportation departs Spangdahlem AB at 1:30 a.m. and Bitburg Annex at 2 a.m. Cost is 130 euro for adults, 90 euro for children. Call Theresa Stevens at 06569-963184 or e-mail chatterbox@gruenwald.de for more information or to register.

### Fitness Factor

The Fitness Factor challenge starts Jan. 16 at noon in the base fitness center. Five members from each squadron qualify to see who can:

- Keep up high-intensity aerobics for an hour;
- Eat three jalapenos in less than 30 seconds;
- Do the most pushups and eat a sardine with each down position;
- Bob and eat the most boiled eggs in two minutes, and
- Run the quickest 1.5 miles.

For more information or to register, call Senior Airman Courtney Johnson or Airman 1st Class Amanda Stutz at 452-6496.

### Rugby players wanted

The Spangdahlem-Trier rugby team seeks players for both the men's and female's teams. No experience is necessary. For more information call Staff Sgt. Rob Palmer at 452-5654 or e-mail 52svs.rugby@spangdahlem.af.mil. The

spring season opens in February and runs throughout the summer.

### USAFE powerlifting

The U.S. Air Forces Powerlifting Meet takes place Feb. 7 in the base fitness center. Registration cost is \$15. Weigh-ins take place at 7:30 a.m., rules briefing takes place at 9:30 a.m. and lifting begins at 10 a.m. Johnny "Truck" Grahm, U.S. Powerlifting vice president, National Masters chairman and Fort Hood, Texas, powerlifting coach, is the

event clinician. Call 452-6634 for more information or to register.

### Volleyball officials classes

The USA Volleyball Officials Clinic Army-Europe takes place Jan. 27-Feb. 1 in the base fitness center. Attendance is free. Clinic instruction includes proper ball handling, net play and centerline regulations, match interruptions, referee and judge duties, scorekeeping, official game products and a written examination. Call 452-6634 to register.

Airman Heather Forrest























